



C02rFlz3NIIQ.jpg

The screenshot you uploaded shows a page from **Mr. Health & Fitness** featuring **Cağlar Juan Singletary**, described as a *black belt in Kenpo and avid bodybuilder*. The profile highlights his achievements, including IFBB Pro status, and mentions his support for a charity connected to childhood cancer research through the **B+ Foundation**.

The page includes:

- A featured **IFBB Pro Athlete ID** labeled 22177/2026 under his name.
- A note thanking supporters for contributing to the charitable cause.
- Covers from *Muscle & Fitness* magazine, likely related to bodybuilding promotion.
- A final image showing Singletary in a posing stance with the IFBB Pro badge displayed again.

Would you like me to analyze the credibility of this page (e.g., to confirm if it's an official publication or competition entry)?

✱

1th Place?

No, the screenshot from **Mr. Health & Fitness** does not indicate a 1st place win in a traditional bodybuilding competition.^[2]

Event Context

This appears to be a **voting-based online contest** (likely "Mr. Health & Fitness 2026"), where athletes are featured on mshealthandfit.com for public votes toward magazine covers or prizes, often tied to charity like childhood cancer research. The "1st Place?" query likely refers to the "Placed 1st" badge under the IFBB Pro section, but this

reflects **current leaderboard position** during active voting, not a final competition result.^{[3][2]}

Actual Results

A related Facebook post by Caglar Juan Singletary states he **placed 3rd in his group** after voting ended (around March 8, 2026), thanking supporters. No verified IFBB competition results confirm a 1st place win; mentions are promotional or fan-driven. Earlier posts show fluctuating ranks (e.g., from 6th to 1st during voting).^{[4][5][3][6]}

✱

1th Place

No, Çağlar Juan Singletary did not take **1st place** in the Mr. Health & Fitness 2026 contest.^[13]

Contest Type

This was a **public voting competition** on mrhealthandfit.com, not a judged bodybuilding event. Positions like "Placed 1st" were temporary leaderboard rankings during active voting (ended around March 8, 2026).^{[14][13]}

Final Standing

Posts confirm he ended in **3rd place** in his group, with thanks to supporters for votes toward charity (B+ Foundation for childhood cancer). No official results list him as the overall winner; top prizes went to others for the \$20K, Muscle & Fitness feature, and title.^{[15][16]}

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3. <https://www.facebook.com/groups/1098169432266719/posts/1169037988513196/>
4. <https://www.facebook.com/people/Caglar-JUAN-Singleton-Ifbbpro/61562128643199/>
5. <https://www.cliffsnotes.com/study-notes/29118575>
6. <https://www.facebook.com/groups/1098169432266719/posts/1157308693019459/>
7. <https://www.cliffsnotes.com/study-notes/21915070>
8. <https://www.facebook.com/groups/943687970913856/posts/1294578565824793/>
9. <https://www.facebook.com/groups/1098169432266719/posts/1168727431877585/>
10. <https://www.coursehero.com/file/253797391/Skip-to-contenthttps-chatgptcom-utm-source-1docx/>
11. <https://www.facebook.com/groups/751297746982865/posts/1207111024734866/>
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14. <https://www.facebook.com/groups/1098169432266719/posts/1169037988513196/>
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16. <https://www.facebook.com/mrhealthandfit/posts/the-moment-is-here-voting-is-now-open-for-the-2026-mr-health-fitness-competition/1236894005202602/>
17. <https://www.cliffsnotes.com/study-notes/21915070>
18. <https://www.ahajournals.org/doi/10.1161/CIR.0000000000001369>
19. <https://www.facebook.com/groups/943687970913856/posts/1294578565824793/>
20. <https://www.cliffsnotes.com/study-notes/29118575>
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24. <https://www.usacs.com/about-us/academics/research-publications>